

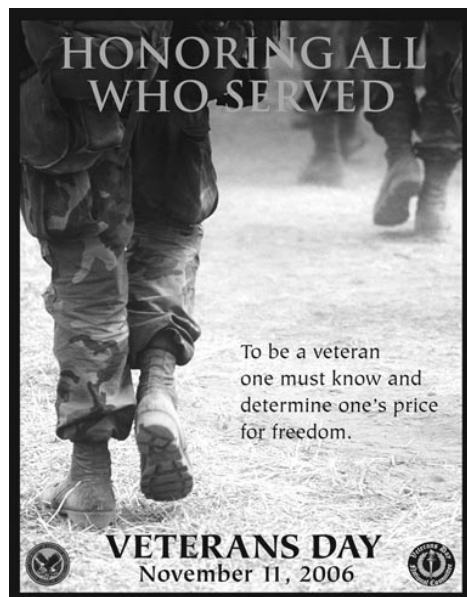


# WARNER WEEKLY

News & Information at Your Fingertips

www.bamberg.army.mil / Fri. Nov 3, 2006 / VOL. 1, Issue 9

## Official Announcements



### **Tue. Nov 7 – A Salute to Our Veterans and Soldiers**

The cadets of the 15th Army JROTC Battalion present a "Salute to Our Veterans and Soldiers" on Tue. Nov 7. This Veterans Day celebration will take place at the BHS multi-purpose room from 2 to 3 p.m. All Soldiers, Veterans and family members are invited to attend. A reception will follow immediately after.

### **Sat. Nov. 11 – Bamberg Veteran's Day Parade**

A Veterans Day Parade will be held at Bamberg Warner Barracks on Sat. Nov 11 at 10 a.m. The Parade will start at the VFW Post 10592, Bldg. 7104 (next to the Recycling center) and march down JFK Blvd. ending at Memorial Park with a speech by Garrison Commander, LTC Mark Gatto. Come show your support for the Bamberg VFW, Boy Scouts, Girl Scouts and more!

### **Wed. Nov 8—Give Blood at the German-American Red Cross Blood Drive**



**American Red Cross**

Help our German neighbors at the German-American Red Cross blood drive on Wed. Nov. 8 at the Basics Bldg. 7110 from 11 a.m. to 6 p.m. All military and civilians are encouraged to give blood. Donors must have returned from deployments from Afghanistan, Iraq or Kuwait before May 2006 and have not received any vaccinations for the past 6 weeks. Please call the American Red Cross office at DSN:469-1760 with any questions.



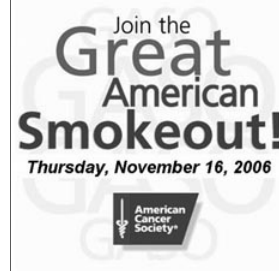
### **Tue. Nov 14—Celebrate Diversity**

November is Native American Indian Heritage Month. The month will be observed on Tue. Nov 14 at the Nieves Webb Dining Facility from noon to 1 p.m. For more information contact SFC Sarraga at DSN:469-7172

### **Thur. Nov 16**

#### **Plan Your Day to Quit!**

Why not give up cigarettes for the day—maybe forever—on Thursday, November 16, during the 30th annual Great American Smokeout? If you smoke, the Bamberg Health Clinic and the Army Substance Abuse Program can help you quit. People who plan to quit in advance double their odds of succeeding. Find tips for quitting, a pledge to stay tobacco-free and adopt-a-smoker information on pages 6 and 7. This could be the first day of your life without tobacco!



### **Wed. Nov. 8 – Attend Community Town Hall**

The next Community Town Hall will be on Wed. Nov. 8 at 6 p.m. at Preston Hall. All community members are encouraged to attend. If you have questions... we have answers!



### **Mon. Nov. 6—**

#### **Have dinner at Ray's Diner with DMX!**

Hip-Hop Icon DMX will be making an appearance at Ray's Diner on Mon. Nov. 6 at approximately 4:30 p.m. All Soldiers and family members are invited to attend. This event is brought to you by Hekkler's World Productions and AAFES.

## Community Closures / Changes

### **Services Open on Veteran's Day**

The Bamberg Commissary will be open regular hours on Fri. Nov. 10 and Sat. Nov. 11, Veteran's Day.

Service Credit Union will remain open on Fri. Nov 10 and Sat. Nov. 11 to continue to serve your financial needs.

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**CLOSURE: Passport & I.D. Office**

Bamberg Passport & I.D. Office will be closed in observance of Veteran's Day Fri. Nov. 10 and Mon. Nov 13.

**CLOSURE: MWR Offices**

We're Moving! All MWR offices in Bldg 7089 will be closed Nov. 13 – 17 while relocating their offices from Bldg. 7089 to Bldg. 7107 (the building to the left of Gate 1)

**Outside the Gate!****Nov. 3–5— USAG Kaiserslautern Holiday Bazaar**

The Kaiserslautern Community is hosting a Holiday Bazaar Nov. 3 – 5. The Bazaar is located on Rhine Ordnance Barracks (ROB) Bldg 237. Shop dozens of vendors, with unique gift ideas for the holidays! The bazaar is open Fri. Nov 3 from 10 a.m. to 8 p.m. and Sat. Nov 4 from 10 a.m. to 7 p.m. and Sun. Nov 5 from 10 a.m. to 5 p.m. The Holiday Bazaar is open to all military ID card holders. Strollers are welcome. For the children there will be a Hippity Hop, Merry-Go-Round, and Petting Zoo. Food and beverages available. For more information go to [www.mwrgermany.com](http://www.mwrgermany.com) or call 489-7126 or 0631-536-7126.

**Nov. 17–19 Hohenfels Winter Bazaar**

The Hohenfels Community and Spouses' Club (HCSC) is hosting a Winter Bazaar Nov. 17 – 19. The Bazaar is located in the Hohenfels Community Post Gym (Bldg 88) and the CAC (Bldg 40). Over 50 vendors, with unique gift ideas for the holidays! The bazaar is open Fri. Nov 17 from 11 a.m. to 7 p.m. and Sat. Nov 18 from 10 a.m. to 6 p.m. and Sun. Nov 19 from 11 a.m. to 4 p.m. After arriving at Hohenfels use Gate 1 or 5 and then follow the signs. The Winter Bazaar is open to all military ID card holders. For more information go to [www.hcsc.homestead.com](http://www.hcsc.homestead.com)

**Irish folk-rock music**

An Irish band will play folk-rock music at Bamberg's Studio 13, Sunday Nov. 5 at 8 p.m. Studio 13 is located at Luitpold Street 40. Cost is 11 Euros per person. For more information, log onto [www.studio13bamberg.de](http://www.studio13bamberg.de)

**Classic, big-band music**

Listen to classic big-band music from the Blue Train Orchestra at Bamberg's Jazz Keller Fri. Nov. 10 at 9 p.m. With 20 band members, Blue Train Orchestra musicians play saxophone, trumpet, piano and cello instruments. Music varies from big-band, swing, Latin and modern funk. The Jazz Keller is located on Obere Sand Street 18 in Bamberg. Doors open at 8 p.m.

**Country Blues Music**

Enjoy traditional country blues music of Willie Salomon during Bamberg's "12 Guitar Days" at the Neue Palais Sat. Nov. 18 at 8 p.m. The Neue Palais is located at Luitpold Street 40a. Tickets are available at BVD ticket service on Lange Street. Cost is 15 Euros per ticket. For more information, log onto [www.bvd-ticket.de](http://www.bvd-ticket.de).

**Sat. Dec 16 - Register now for the 29th Battle of the Bulge Memorial Walk**

The 29th Memorial Walk commemorating the Battle of the Bulge, the largest land battle in U.S. Army history, is scheduled for Sat. Dec. 16 in Bastogne, Belgium. This year the walk goes north of the town where the Band of Brothers, E Company, 506th Parachute Infantry Regiment, made their stand. Walkers may choose 6-, 14- or 20-k distances. The self-paced walk begins at 8 to 9:30 a.m. at the Sports Center at Porte de Trèves. The four-Euro registration fee includes a certificate from the city of Bastogne, a walk brochure and a cloth patch of the 506th Parachute Infantry Regiment, 101st Airborne Division. Pre-registration and payment before Dec. 2 is strongly recommended. The walk finishes in time for three wreath-laying ceremonies in the center of Bastogne.

The public is invited to participate in the memorial parade, scheduled to begin at 2:30 p.m. The traditional nut-throwing from the town hall balcony is immediately afterward. Americans in Germany, England and Italy are asked to register for the walk through Ed Lapotsky at [ed.germany@t-online.de](mailto:ed.germany@t-online.de), or by telephone at (+49) (0)6507-8292. Walkers can also register (five Euro) on the day of the walk between 7 and 9 a.m. at the starting point. Limited open-bay billets are available to NATO soldiers for a small fee.



**Coming soon... Check out the Nov. 10 issue of the Warner Weekly for a guide to Germany's Christmas Markets!**

**Continuing Education****Nov. 14 & 15 - 2-Day DOL / TAP Workshop**

The Army Career and Alumni Program (ACAP) is offering a 2-Day job assistance workshop for separating and retiring service members and their families on November 14 & 15 from 8:30 a.m. to 4:30 p.m. at Preston Hall. All participants must complete pre-separation counseling prior to enrolling in this course. Please call your Bamberg ACAP Office to make an appointment at 469-8925 or 0951-300-8925. The 2-Day DOL / Tap Workshop will be offered again on Dec. 12 & 13.

**Kids & Teens****Learn Ballet, Perform in Recital**

Enroll in ballet classes at the Elementary School and perform in Bamberg Performing Arts Club's recital in May. BPAC has immediate openings for adults and children ages four and up. Instructors, Dr. Delome Greenwald-Schmitt and Helmut Schmitt offer over 50 years of teaching experience. Classes are Mon from 4-5 p.m. (3rd to 6th grades), Tue from 4-5 p.m. (1st & 2nd grades), Wed from 4-5 p.m. (four & five year olds) and Mon and Wed from 5-6:15 p.m. (teens & adults). Cost is \$25 per month (1X weekly) and \$45 per month (2X weekly). Sign up sheets are available from instructors prior to class. If you would like to buy ballet tights, leotards, shoes, legwarmers, tote bags etc. call Rhonda Roush at 0951-297-5135.

## Bamberg Elementary

### October Edition of BES Newsletter

The October edition of the BES newsletter is now available online. It can be found at [www.bamb-es.eu.dodea.edu/](http://www.bamb-es.eu.dodea.edu/). You can also receive a copy by stopping by our office.

### Tue. Nov. 7—SAC Meeting

The next School Advisory Council (SAC) Meeting will be held on Tue. Nov 7 at 3 p.m. The next SAC meeting will be held on Tue. Feb 13.

### Bamberg Elementary School Calendar

Nov. 8—9 No School due to  
Parent Teacher Conferences  
Fri. Nov. 10 No School—Veteran's Day

### Holiday Vacation Extended

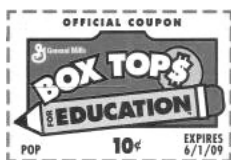
Holiday Vacation for students in Bamberg Elementary school and Middle / High School has been extended. Vacation will now be Thur. Dec. 21 through Sun. Jan. 7. Students will return to school on Mon. Jan. 8, 2007. Dec. 21 and 22 will remain Teacher Work Days.

### Box Tops for Bucks

Did you know that Bamberg Elementary School is collecting Box Tops for Education? Clip and earn in these easy steps:

**#1. CLIP BOX TOPS** coupons from hundreds of products found throughout your local grocery store. When clipping, make sure that the expiration date is not cut from the coupon; Box Tops coupons without an expiration date cannot be submitted. Each Box Top coupon is worth ten cents for the school!

**#2. SEND BOX TOPS TO SCHOOL** with a school aged child. There is a yellow Box Tops collection bucket in the Main Office. Consider helping the elementary school out! For more information, go to [www.boxtops4education.com](http://www.boxtops4education.com) and find out other ways to earn money for BES. There are printable coupons on the website, and there is also an "Online Marketplace" where you can shop at your favorite online stores and a percentage of your purchase will go back to BES.



### Do you have concerns about your child's development?

Children grow and develop at different rates, and most walk through a path of predictable milestones. Some children, however, experience delays in one or more of the five developmental areas: Physical development, Social-Emotional development, Cognitive (Thinking) Skills, Communication, or Self-Help skills. Between the ages of 3 and 4, your child should be able to dress and undress themselves, understand concepts such as recognizing and matching colors, follow a series of two to four directions, and play and interact cooperatively with their peers. If you have concerns regarding your child's development, and the child is between the ages

of 3 and 5, contact Bamberg Elementary School at 469-7616 or 0951-300-7616, or email [ChildFind@eu.dodea.edu](mailto:ChildFind@eu.dodea.edu) to request a screening.

## Bamberg Middle / High School

### Middle / High School Calendar

Tue. Nov. 7 Veteran's Day Assembly



### Super Tuesday Meetings!

Faculty Meeting 3 p.m.  
School Advisory Meeting 4:30 p.m.  
PTSA 5:30 p.m.  
Senior Student / Parent Meeting 6:30 p.m.

Thur. Nov. 9 No School due to  
Parent Teacher Conferences

Fri. Nov. 10 No School—Veteran's Day

Mon. Nov. 13 Winter Sports Begin Practicing

### Thur. Nov 9 — Meningitis Vaccinations for Students

On Thur. Nov 9 from 8:30 to 11:30 a.m., Bamberg Health Clinic Staff will be administering Meningitis Vaccinations (MCV4) at the Bamberg Middle / High School main lobby. All eligible students 11 to 18 years of age must have their **immunization records** and parents present to receive the shot. The DODDS Meningitis immunization requirement became effective at the start of school year 06 / 07. At the beginning of the year the Health Clinic needed to ration out distribution by priority, but now there is enough to have all students vaccinated by the proposed cut-off date of Nov. 30. Hepatitis A, DTAP, and Varicella vaccinations will also be available. Please take advantage of this program and get your child's vaccinations up to date.

### Helpful Resources are a Click Away

Looking for information or support during this reintegration period? Useful family-oriented websites include:

#### Army Family Assistance Center

[www.heidelberg.army.mil/sites/services/fac.asp](http://www.heidelberg.army.mil/sites/services/fac.asp)

#### Army Families Online

[www.armyfamiliesonline.org/](http://www.armyfamiliesonline.org/)

#### Battlemind "Combat to Home Transition"

[www.armyg1.army.mil/hr/dcs.asp](http://www.armyg1.army.mil/hr/dcs.asp)

#### U.S. Army Center for Health Promotion and Preventive Medicine

[www.hooah4health.com/deployment/familymatters/](http://www.hooah4health.com/deployment/familymatters/)

#### Military OneSource

[www.militaryonesource.com](http://www.militaryonesource.com)

#### Chaplains

[www.chapnet.army.mil/](http://www.chapnet.army.mil/)

#### My Army Life Too

[www.myarmylifetoo.com](http://www.myarmylifetoo.com)

#### Military Family

[www.militaryfamily.com](http://www.militaryfamily.com)

#### Morale, Welfare, & Recreation

[www.mwreurope.com](http://www.mwreurope.com)

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## **Entertainment & Leisure**

### **Congratulations to the Halloween Yard of the Month Winners, Mrs. Stephanie Leeds, Mrs. Rebecca Morris, and Mr. and Mrs. Sapp.**

Best Yard #50 Kiefernstrasse  
Best Stairwell #20 Lindenanger (Bldg 7631)  
Best Balcony #6 Oak Street (Bldg 7660)

### **Sun. Nov. 5 & 19—Brunch at the Warner Club**

Dreaming of a Denny's Grand Slam or IHOP Country Griddle Cakes? Look no further! The Warner Club offers a brunch buffet the first and third Sunday of every month from 10 a.m. to 2 p.m. The all-you-can-eat buffet is \$7.50 per adult and \$4.50 for children under 12 or \$22 for families (2 adults, 2 children) Reservations are recommended. November Brunch dates are Nov. 5 and Nov. 19! Call the Warner Club at 0951-300-7596.

### **Mon. Nov 6—Hot Wing Day at the CAC**

Satisfy your need for Hot Wings. Stop by the Community Activity Center between 11:30 a.m. and 2 p.m. and pick up some Hot Wings!

### **Fri. Nov 17 – B.S.C.C. Charity Basket Auction**

#### *"A Night in Vegas!"*

Don't miss the annual Bamberg Spouses' & Civilians' Club Charity Basket Auction, and you can spend a **Night in Vegas, Germany** on Friday, Nov. 17. Doors open at 6 p.m. at the Warner Club.

Cost is \$12 per person and includes Vegas Style Buffet and bidding paddle! Starting at 6 p.m. guests can enjoy dinner, preview the live and silent auction items or shop our vendors and crafters. Cash Bar is open all evening. Tickets are on sale now at the Thrift Shop. (Shop is open Tue. & Wed. 9:30 a.m.-3 p.m. and Thur. 11 a.m. to 5 p.m.) or make reservations at 0951-209-9210 or e-mail [bscc\\_reservations@hotmail.com](mailto:bscc_reservations@hotmail.com). Please RSVP by Nov. 14. **Attire:** It's a Night in Vegas, anything goes! Just join the fun. All Elvis and Showgirl impersonators welcome! Proceeds from all B.S.C.C. events help fund grants and scholarships for groups and members of the Bamberg Community.

### **Nov. 17-19 - Army Europe MWR Flag Football Championships**

Come out and see the Army Europe MWR Flag Football Championships in Bamberg Nov. 17 - 19. The Opening ceremony will take place on Nov. 17 at 9:30 a.m. at Pendelton Field, games will begin at 10 a.m. Awards will be given on Nov. 19. For more information call 469-7597.

### **Nov 9–12 and 16 –19 - Buy Tickets for Annie!**



Performances of the hit Musical Annie will run at the Bamberg Stable Theater November 9–12 & 16–19. All performances start at 7:30 p.m. except Sundays which will run at 5:30 p.m. Tickets are \$9 for Adults, \$7 for Students and E4 and below or a family ticket for \$25. Group rates are also available. Please call the Stable Theater at 469-8647 or 0951-300-8647 for reservations or more information.



### **Sat. Nov 18 - Bamberg Turkey Trot**

Bamberg's annual Turkey Trot 5k Fun Run & 10k Race will be held on Saturday, November 18. Same day registration will be open from 8:30 to 9:30 a.m. Race starts at the Freedom Fitness Facility at 10 a.m. The run is open to Military ID card holders only. Registration fee can be paid by donating any type of pet food. Walkers, strollers (and pets) are welcome to participate in the 5k Fun Run and medallions will be awarded to the top finishers in each division. Trophies will be awarded to the top two finishers in the 10k Race in each division. Men's and Women's divisions are 17 and under, 18-29, 30-44 and 45 and over. There will be no pre-registration. The 5k Fun Run & 10K Race course will be on post only. For more information contact the staff at 469-8890 or e-mail Sylvia Martin at [Sylvia.Martin@cmtymail.98asg.army.mil](mailto:Sylvia.Martin@cmtymail.98asg.army.mil)

### **Win a Turkey Dinner for Four!**

Now through Nov. 20, stop by the CAC and register to win a Turkey Dinner for four people. Drawing will be held on Mon. Nov 20. For more information contact the CAC and 469-8659 or 0951-300-8659

## **Job Corner**

### **AAFES is Hiring!**

AAFES is seeking qualified applicants to fill entry level food and retail positions in the Bamberg Area. Please go to [www.aafes.com](http://www.aafes.com) and click on 'employment' for position details and apply online. We look forward to you joining our great team.

## AAFES Movie Schedule



AAFES Reeltime Theater is CLOSED  
Tuesdays and Wednesdays.

Fri.	Nov. 3	Flags of Our Fathers	7 p.m.
Sat.	Nov. 4	Material Girls (PG)	4 p.m.
		Flags of Our Fathers (R)	7 p.m.
Sun.	Nov. 5	Material Girls (PG)	4 p.m.
		Cross Over (PG-13)	7 p.m.
Mon.	Nov. 6	World Trade Center (PG-13)	7 p.m.
Thur.	Nov. 9	Crossover (PG-13)	7 p.m.
Fri.	Nov. 10	Running with Scissors (R)	7 p.m.
Sat.	Nov. 11	Invincible (PG)	4 p.m.
		Running with Scissors (R)	7 p.m.
Sun.	Nov. 12	The Wicker Man (PG-13)	4 p.m.
		Idlewild (R)	7 p.m.
Mon.	Nov. 13	The Wicker Man (PG-13)	7 p.m.
Thur.	Nov. 16	Idlewild (R)	7 p.m.
Fri.	Nov. 17	Crank (R)	7 p.m.
Sat.	Nov. 18	Flushed Away (PG)	4 p.m.
		Crank (R)	7 p.m.
Sun.	Nov. 19	Flushed Away (PG)	4 p.m.
		Hollywoodland (R)	7 p.m.
Mon.	Nov. 20	Crank (R)	7 p.m.
Thur.	Nov. 23	Hollywoodland (R)	7 p.m.
Fri.	Nov. 24	Gridiron Gang (PG-13)	7 p.m.
Sat.	Nov. 25	The Covenant (PG-13)	4 p.m.
		Stranger Than Fiction (PG-13)	7 p.m.
Sun.	Nov. 26	Gridiron Gang (PG-13)	4 p.m.
		Déjà Vu (not yet rated)	7 p.m.
Mon.	Nov. 27	Stranger Than Fiction (PG-13)	7 p.m.

## Trips & Travel Opportunities

### Go Trippin' with the CAC this Fall

Bamberg Community Activity Center offers the following trips in the month of November

**Nutcracker Factory** \$20  
Wed. Nov. 8—Departs 8:30 a.m. - Returns 4 p.m.

**3 Day and 3 Night Ski Austria** \$225  
Nov. 10—13 Departs 11:00 a.m. & Returns 11 p.m. on Nov. 13  
Inc. Transportation, Hotel w/Breakfast & Supper

**Karlovy / Vary – Cheb, Czech Rep.** \$35  
Shopping and Sightseeing  
Sat. Nov. 18—Departs 8 a.m. – Returns 8 p.m.

**2-Day Ski Austria** \$175  
Inc. Transportation, Hotel w/Breakfast & Supper  
Nov. 24—26 —Departs 11 a.m. – Returns 11 p.m. (on 26th)

**Cancellation Policy:** Up to two weeks prior to departure, 25%; one week, 40% and later than one week 50% of tour price will be charged. No refund is give for no-shows. No penalties for military duty restraint or illness.

Sign up and find out more about trips from Bamberg CAC at 469-8659 or 0951-300-8659.

## Wuerzburg International Ski Club Social Events

Check out the up coming social events offered by the Wuerzburg International Ski Club (WISC). You do not need to be a member to sign-up or attend these events.

### Tue. Nov 7 - Start the Ski Season right!

The next Wuerzburg International Ski Club (WISC) meeting will take place in Bamberg on Tue. Nov 7 at 6 p.m. at the Maisel Keller on Moos Strs. 32. (Directions: Turn left from Zollner Strs. onto Berliner Ring. Take a right at the 3rd stop light. (Dehner Garden Center is on the left hand corner). Maisel Keller is less than half mile down on the left.) WISC hosts over a dozen trips a year, so leave the reservation making and driving to us. Join the club, pay the trip price, bring your skis, and show up for departure. For more information contact Candace at 469-7019 or go to [www.wskiclub.org](http://www.wskiclub.org) for the 2006/ 2007 trip schedule.

### Fri. Dec 8 - WISC's Christmas Trolley

On Fri. Dec 8, WISC will host its annual Wuerzburg Christmas Trolley Outing . Enjoy a two hour ride through the decorated streets of Wuerzburg with drinks, munchies, music, song, and camaraderie. The Christmas Trolley departs at 8 p.m. sharp from the Strassenbahn Work Station in Wuerzburg. Cost is 30 Euro per person and includes ride, munchies and drinks. You do not need to be a WISC member to sign up. Seating is limited to 50. Contact Ray Danganan for more information at 0172-9526148 or e-mail Raydan52@aol.com

## Health & Safety

### Gastric-Bypass Support Group

A Gastric-Bypass Support Group that meets twice a month at the Freedom Fitness Facility, 2nd Floor Conference Room on the First and Third Wednesdays of the month. This if for those who have had a Gastric-Bypass or who are thinking about it. For more information please contact Michelle Hoffman at 0951-209-8425 or email: mickhof@hotmail.com.

### Get POV's Ready for Winter

Is your car ready for winter? If you're not sure get your car inspected for free at Bldg. 7102 next to the POV Inspection Station on Tue. Nov 21 from 9 a.m. to noon and 12:30 to 3 p.m. For more information contact the USAG Bamberg Safety Office at 469-1670.

**Get the POINT!**  
**Pick up the Friday, Nov. 3**  
**edition at the Shoppette**  
**or Commissary!**



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## Road Conditions Defined

### GREEN

#### What does Green Mean?

Road surface: Dry  
Snow Amount: None or Blowing Powder  
Snow Depth: None

### AMBER

#### What does Amber Mean?

Road surface: Wet, possibly icy  
Snow Amount: Packed slush  
Snow Depth: Less than 4 in.

### RED

#### What does Red Mean?

Road surface: Heavy snowfall, dangerous driving conditions  
Snow Amount: Drifting  
Snow Depth: 4 to 8 inches

### BLACK

#### What does Black Mean?

Road surface: Extremely Dangerous Driving Conditions  
Snow Amount: Heavy Drifting  
Snow Depth: More than 8 in.

## Slip Slidin' Away Can Cost You

By Sgt. Aimee Millham, USAREUR Public Affairs

Winter is quickly approaching, and not preparing your car for it could cost you up to 40 euros and a point on your license.

"If you can't properly drive uphill in the snow, and people have to drive around you, you're a hindrance, and you will get fined," said German police officer Sgt. 1st Class Sven Stadtrecher, liaison to the U.S. Army Garrison Heidelberg. A German traffic law in effect since December 2005 mandates that vehicles must be appropriately outfitted for the weather – which includes appropriate tires and sufficient anti-freeze-treated window washer fluid, Stadtrecher said.

The penalty for not being in compliance with the law is a 20 euro fine for having trouble maneuvering a vehicle, or a 40 euro fine and one traffic point if trouble maneuvering a vehicle impedes others or causes a wreck, Stadtrecher said. He added that since the law is relatively new, there will likely be increased checks on the road.

John Cable, Heidelberg traffic accident investigator, said drivers should equip their cars with tires that are labeled with either a snowflake and/or "M+S," for mud and snow. Cable said studded tires and mixing different styles of tires is illegal in Germany, and putting snow tire chains on summer tires also is not allowed. And, he noted, some places in Europe require snow tire chains in addition to winter or M+S tires, when posted.

"If you're in the Alps without chains, you will be completely immobilized," Cable said, adding that Servicemembers should research local winter traffic laws when traveling to other European countries.

Besides avoiding a run-in with local law enforcement, there are several other reasons to properly equip vehicles, Cable said. One is that while salt is used to melt ice on roads, it takes time for the salt to take effect.

"I see people try and follow salt trucks on the autobahn, thinking that should do it" said Cable. "All they're doing is damaging their vehicle because salt is not an immediate solution."

Cable added that drivers should watch their speed, the number-one factor in car accidents among Soldiers. They should also watch for "black ice," which forms in hard-to-see slick surfaces, usually in shaded areas of winter roads, he said "Ice mixed with speed will triple your stopping distance," Cable said.

## Plan Your Day to Quit! Thursday, November 16 The Great American Smokeout



## Could This Be the First Day of Your Life Without Tobacco?

Are you thinking about quitting smoking but not sure you're ready to take the plunge? The Great American Smokeout may be for you. The 30th Annual Great American Smoke is Thursday, November 16. It's an opportunity to join with literally millions (45.8 to be exact) of other smokers in saying "no thanks" to cigarettes for 24 hours.

### Tips for Quitting

- On a 3 x 5 card, make a list of what you like and dislike about smoking. Add to it and read it daily.
- Make up a short list of luxuries you have wanted or items you would like to purchase for a loved one. Next to each item write down the cost. Now convert the cost to "packs of cigarettes." If you save the money each day from packs of cigarettes, you will be able to purchase these items. Use a special "piggy" bank for saving your money or start a "Christmas Club" account at your bank.
- Never smoke after you get a craving for a cigarette until three minutes have passed since you got the urge. During that three minutes change your thinking or activity. Telephone an ex-smoker or somebody you can talk to until the craving subsides.
- Plan a memorable date for stopping. You might choose your vacation, New Year's Day, your birthday, a holiday, the birthday of your child, your anniversary. But, don't make the date so distant that you lose momentum.



- Each day try to put off lighting your first cigarette. If you have a sudden craving for a cigarette, take ten deep breaths, holding the last breath while you strike a match. Exhale slowly, blowing out the match. Pretend the match was a cigarette by crushing it out in an ashtray. Now immediately get busy on some work or activity.
- After you quit, start using your lungs. Increase your activities and indulge in moderate exercise, such as short walks.
- If you gain weight because you are not smoking, wait until you get over the craving before you diet. Dieting is easier then.
- Get out of old habits. Seek new activities or perform old activities in a new way.
- Frequent places you can't smoke, such as libraries, buses, theaters, swimming pools, department stores or just going to bed during the first weeks you are off cigarettes.
- Give yourself time to think and get fit by walking 1/2 hour each day.

### Need more than just a few tips to help you quit?

For those willing to use the gum, patch or Wellbutrin to ease the uncomfortable feelings associated with nicotine withdrawal, entry into a series of one-on-one sessions or entry in to a group of folks quitting at the same time is important. Anyone wanting to quit contact MAJ Victoria Prehn, USAG Bamberg Public Health Nurse at 469-7853/8619, [Victoria.prehn@us.army.mil](mailto:Victoria.prehn@us.army.mil), or with Rick Sidley, Army Substance Abuse Program, Bldg. 7251 (across from the Vet Clinic) 469-1710, [richard.sidley@us.army.mil](mailto:richard.sidley@us.army.mil). A program can be designed to meet your needs.

## SMOKER ADOPTION PAPERS



Great American Smokeout

I, \_\_\_\_\_, as a nonsmoker, will take it upon myself to help \_\_\_\_\_ on the path to smokelessness. For my part I will provide you with consistent encouragement, fruit, veggies and jalapenos, if need be, and a shoulder to cry on. It will be expected that \_\_\_\_\_ will assist me by adhering to the following suggestions:

1. Hide cigarettes, ashtrays, lighters and matches.
2. Tell all your friends that you have been adopted and will not smoke on the day of the Great American Smokeout (GASO), the third Thursday in November.
3. Call on your foster nonsmoker (me!) in times of weakness.
4. Refrain from frequenting smoke-filled rooms.
5. Remember the Alamo...forget cigarettes.

I, \_\_\_\_\_, the foster nonsmoker, will try to cajole the aforementioned smoker to continue on the road to smokelessness following the Great American Smokeout, but this formal arrangement will conclude 24 hours after it begins.

Signed: \_\_\_\_\_ (nonsmoker)

Signed: \_\_\_\_\_ (temporary smoker)

Date: \_\_\_\_\_

The American Cancer Society's

# Great American Smokeout Pledge

Tell all your friends and family about your pledge to stay tobacco-free for life!

I, \_\_\_\_\_, pledge to lead a tobacco-free life and encourage others to do the same.

In celebration of the American Cancer Society's Great American Smokeout, I pledge to lead a tobacco-free life because:

- I understand the many dangers involved with tobacco use.
- Smoking is the most preventable cause of death in our society.
- Smoking can harm my life as well as those around me.
- Tobacco use increases my risk not only of cancer, but also heart disease, bronchitis, emphysema, and stroke, and it contributes to the severity of colds and pneumonia.

Clip and make your pledge to quit!



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